

MHM DAY REPORT

NMCT-BMZ-KKS-KKF-WaSH project



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INTRODUCTION:

NMCT-BMZ-KKS-KKF-WaSH project organized various programmes due to MHM day celebration. We create a theme for MHM day 2021. The theme is “Time to celebrate our Womenhood”, Based on the theme we conducted a competition and conducted various types of programmes to the adolescent girls. And finally we publish an E-Book of MHM success stories.

PROGRAMME-1:

Awareness training was given to the students of Panchayat Union Middle School at 11.00 am today ahead of Menstrual Health Day. In the early days the girls attained puberty at the age of 15 or 16. But nowadays, children attained puberty before 10 years. The main reason for this is the eating habits we are currently taking. This is also the case with the use of chemical foods in addition to natural foods. Eat more calcium, iron, vitamin B and D in your diet.



Conducted MHM awareness programme

During menstruation can cause more pain in the lower abdomen. In those cases, adding milk, yoghurt, marrow, almonds and greens to the diet will not cause these problems. Drink plenty of water. Some people do not drink water to avoid going to the toilet frequently during menstruation. Drink plenty of water. Usually during menstruation the pressure of the long-distance travel situation, variability of Physical condition, High heat occurs.

In the event of MHM day the NMCT-BMZ-KKS-KKF-WaSH project trainer Presented Menstrual Bracelet to the participant. The significance of the Bracelet is that it has 28 white algae and 5 red algae. This is because for every woman the menstrual cycle occurs once in 28 days and 28 white algae indicate that menstruation will occur in 5 days. It was set up with 5 red algae to mark it. This happens to them once every 45 days as it is different for some women as their physique is different. This is no issue for unmarried women. If they are married, they can go to the doctor for advice.

Normally there may be 3 to 7 days of shedding. The doctor can be approached only if it lasts longer than that. This precipitating water will come out as liquid, solid, dense and lumpy. This will vary depending on each person's health. The reason why women were kept out during that period during menstruation was to give women rest. Then they will cook in the oven. Its heat will affect the abdomen of women so they will have problems in the womb so women will be told not to go in the oven for those 5 days. She was also taught how to put on a menstrual cycle calendar.



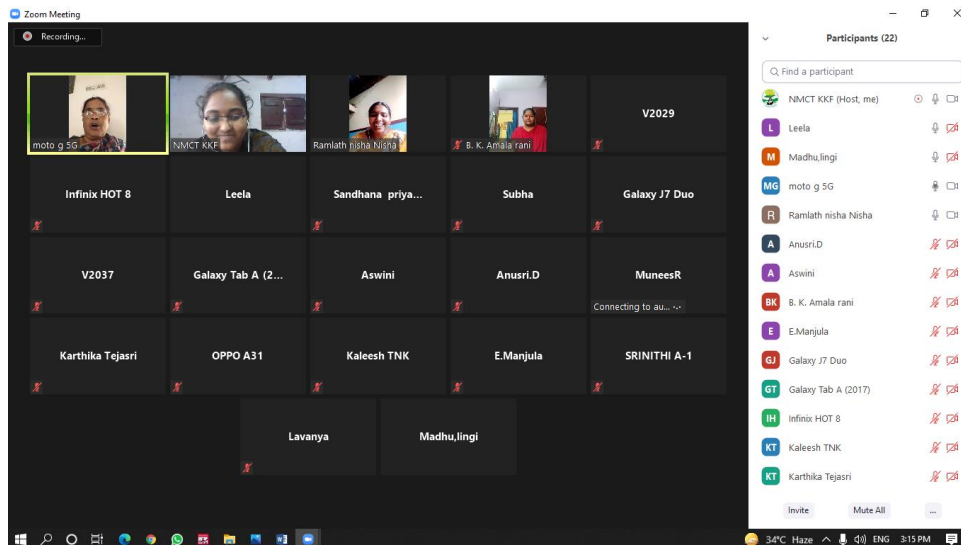
Presented MHM bracelet

Feedback session:

More than 10+ participants are attended the live programme and get knowledge about the MHM. Everyone gave a positive feedback about the programme. And finally The trainer presented a Menstruation bracelet to the participants. Through the training everyone knows to calculate the menstrual cycle.

PROGRAMME-2:

IN the Event of MHM day celebration NMCT-BMZ-KKS-KKF-WaSH project organized a Zoom meeting. In these programme we invite Ms. Kaleeshwari GNM and Mrs. Karthiga trainer as a chief guest. First We welcome the gathering. Then Mrs. Seethalakshmi Mam gave the presidential address.

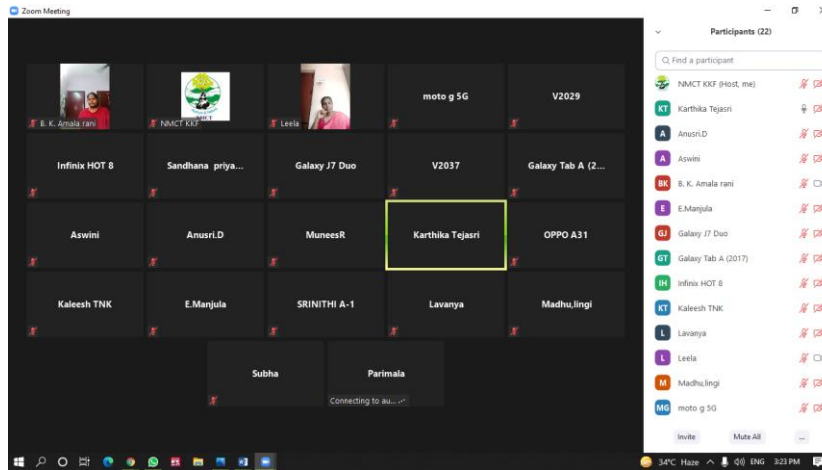


Presidential address given by Seethalakshmi Mam

In these address she told to listen chief guest speech. And thanked to Ms. Kaleeshwari nurse who accepted our invitation and honour our programme. After completed the speech. Mrs. Karthiga trainer gave a speech about Menstrual Hygiene.

- ❖ She shared Do's and Don'ts during Menstrual time.

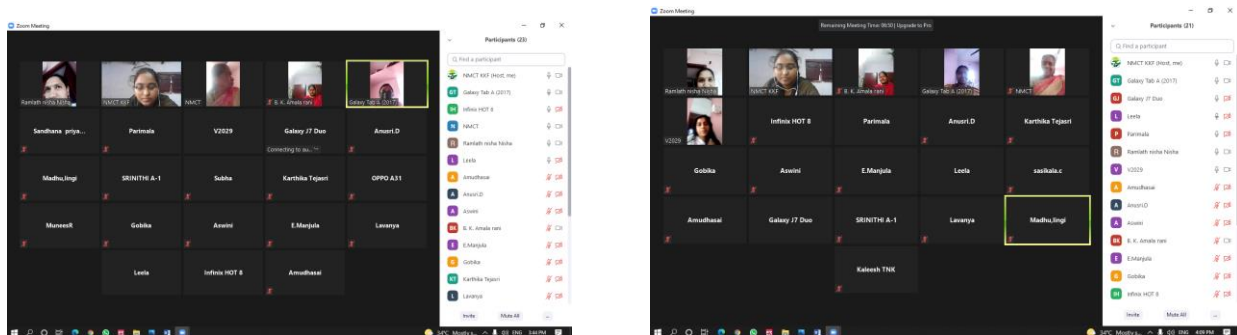
- ❖ She shared how should be clean and hygiene.
- ❖ She gave some remedies for health issues during Menstrual period.
- ❖ How should maintain our body and inner parts.
- ❖ How should clean our dress during Menstrual time.
- ❖ How should dry the dresses during the menstrual time.



Mrs. Karthiga conducted training to the adolescent girls

Question and Answer session:

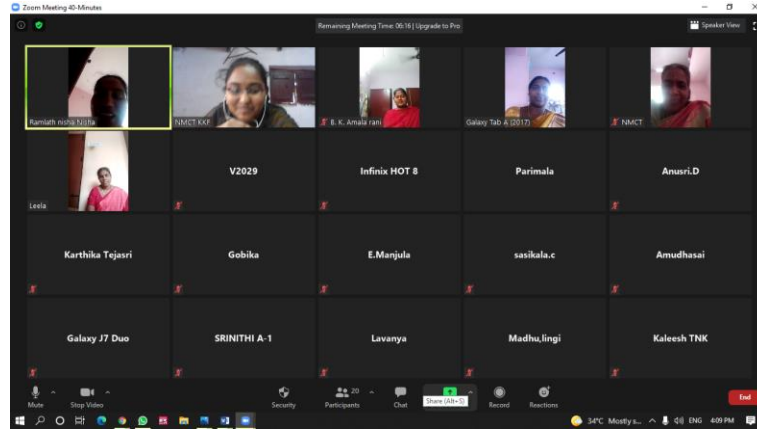
After completed the session the session was hand overed to Ms. Kaleeshwari Nurse. In this session she gave solution to all the queries. The adolescent girls joined the meeting with his mother. In the Young generation girls and girls who attained puberty newly mostly facing irregular periods, white discharge. The speaker gave natural remedies to the participants.



Question and Answer session

Feedback Session:

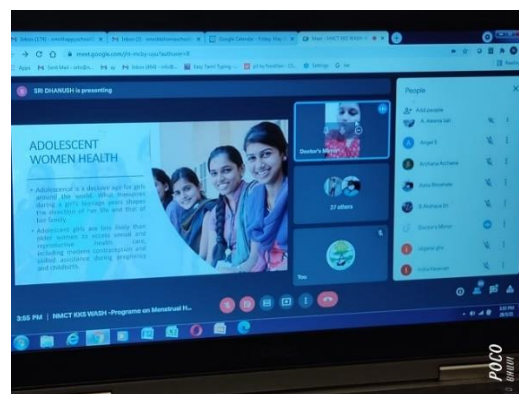
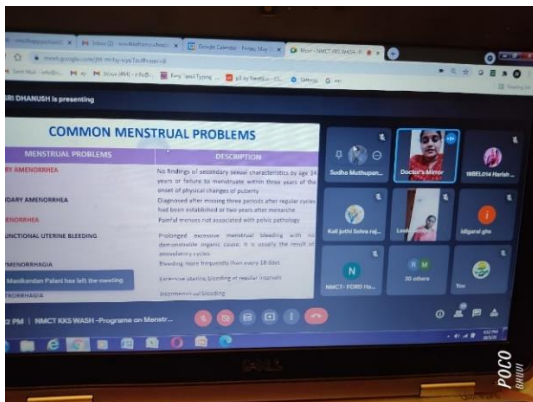
20 participants are attended the programme everyone gave a positive feedback about the programme. She learnt many informations about the menstruation. During this pandemic situation we unable to visit hospital for regular checkup. NMCT-BMZ-KKS-KKF-WaSH create a platform to the adolescent girls for solving menstrual issues.



Participants gave feedback about the programme

PROGRAMME-3:

At 3.30 pm on google Meet, Dr. to train on menstruation. Rajarajeswari and HM, teacher and students were welcomed by NMCT Advisor Seethalakshmi. He then opted out about projects like NMCT, WaSH, ford, Happy School.



Dr. Raja Rajeshwari explain about Menstrual problems

Dr.Rajarajeswari explained that they are clean and hygienic during menstruation. She told the students that it is wrong to take a pill to prevent waste during menstruation and not to buy the pill at the pharmacy without consulting a doctor.

Then she explained that napkins or cloths should be changed every 4 hours and should not be thrown on the spot or in public and should be burned after use.

She also said that menstruation should go away regularly every month or else there will be more weight, pelvic pain and abdominal pain.

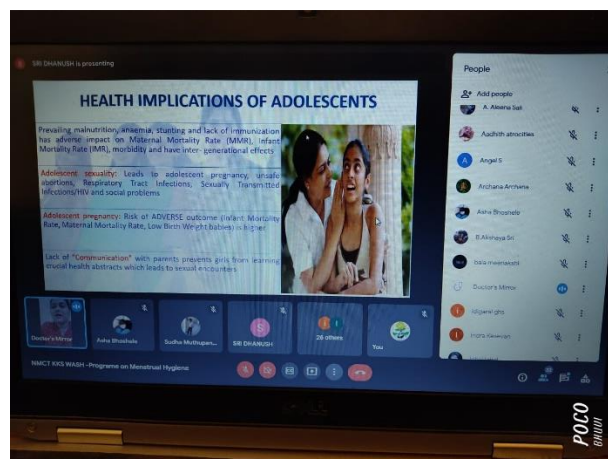
She explained about the age at which female children reach puberty and the body's hormone glands. And during menstruation, acne, abdominal pain, and physical fatigue all come naturally to women. She also explained why they were coming.

PCOS:

Then explained that facial hair growth and acne occur when there is excessive secretion of the hormone. and that the blood level in the body should be normal and exactly 10 or 12.

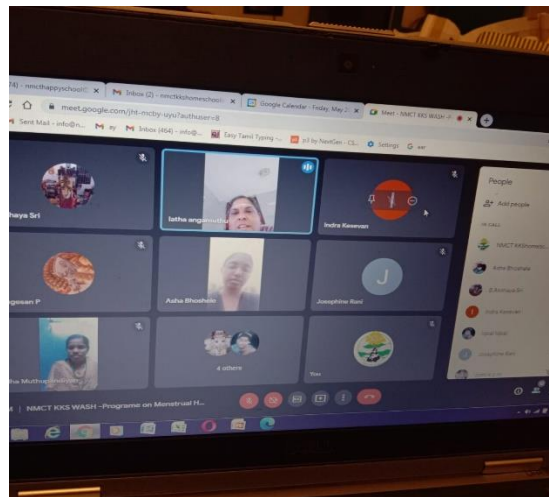
She explained that the diet to increase the blood levels are rye, jaggery, ragi, pomegranate, and vegetables, crops, increased intake of the immune system.

She also explained that if the leg is in severe pain or forgetfulness during the menstrual cycle, it is enough to soak both feet in hot water for 2 hours.



Question and Answer session:

The students also asked questions to the doctor and were answered. HM, the teacher also asked questions and received answers. Mostly adolescent girls faced irregular periods and abdominal pain and back pain during menstrual time. The doctor gave remedies the queries. First she told remedy for irregular period to eat Papaya weekly 2 days, Peanut candy, and take iron riched foods for regulating the period. Then she told remedy for the health issues during menstrual time. She told to the girls to take rest during menstrual time, intake dill with hot water to cure abdominal pain, take milk and egg during menstrual time for their strength.



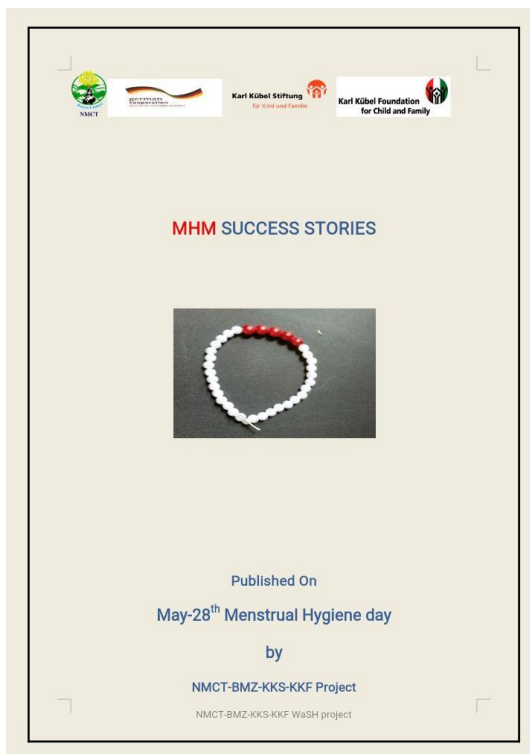
Participants asking queries

Feedback session:

Then Idigarai Head master convey their gratitude to NMCT-BMZ-KKS-KKF-WaSH project and staffs to organized the programme. And she thanked the Chief Guest Dr. Raja-Rajeshwari Gynecologist to accept our invitation and gave useful information to the adolescent girls. And she also the participants to attended the programme.

PROGRAMME-4:

The project has been conducting trainings in water, Sanitation and Hygiene to the school students. Menstrual Hygiene Management is one of the component covered focusing the girl's children. The WaSH project has reached over 3000 children of whom 800 are adolescent girls. Trainings on MHM have developed healthy practices among to adolescent girls. They also acquired knowledge to solve the health issues/ problems. We are happily to present the E-Book containing success stories of MHM (WaSH project) in the event of MHM day on 28th May 2021 We hope this E-Book will be of immense use to the adolescent girls.

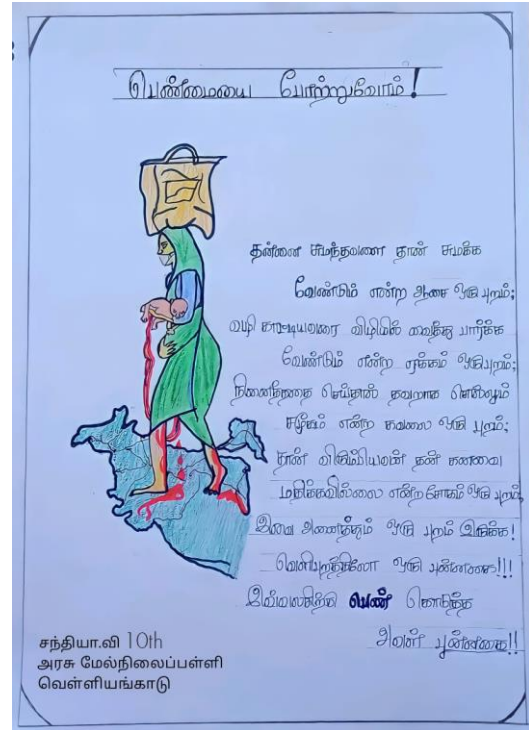


MHM Success Stories E-Book images



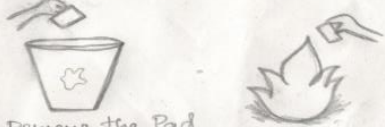

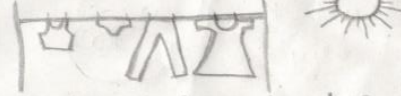

PROGRAMME-5:

In the event of MHM day NMCT-BMZ-KKS-KKF-WaSH project organized various competitions to the adolescent girls. Due to pandemic situation our field officer approach the headmasters and conducted competitions via online. We had a theme on MHM day “Time to celebrate our women hood” based on the theme we conducted Drawing competition, Speech competition etc. Out of these we selected few pictures in the competitions. And make it as a MHM day memories.

Drawing Competition images




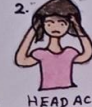





Periods day Hygiene.

 <p>clean Bathing.</p>	 <p>change the Pad 2-3 times daily</p>
 <p>Remove the Pad and Put on the dust bin</p>	 <p>Washing hands clearly.</p>
 <p>Wash clean the dress dry to Sun</p>	 <p>Eat dry Fruits.</p>





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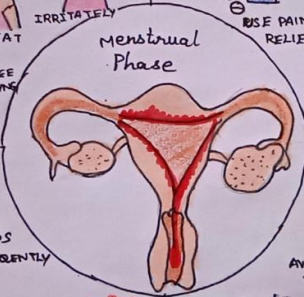
MENSTRUAL HYGIENE

SYMPTOMS OF MENSTRUAL PERIOD

1.  STOMACH PAIN
2.  HEADACHE
3.  SWEAT
4.  IRRITABILITY
5.  MUSCLE PAIN
6.  HIP PAIN
7.  BLEEDING



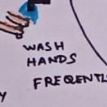




TREATMENT

-  PAIN RELIEVERS
-  WASH CLEANLY
-  EAT HEALTHY FOOD
-  USE SANITARY PADS








Menstrual Phase

DO'S ✓

-  WARM BATH
-  USE SANITARY PADS
-  WASH HANDS FREQUENTLY
-  COMPLETE REST
-  DRINK LOT OF WATER
-  CHANGE PADS FREQUENTLY
-  DISPOSE PADS PROPERLY

DONT'S ✗

-  AVOID GO TO THE TEMPLE
-  DON'T GO TO THE KITCHEN
-  DON'T WEAR BIKINI WAX
-  DON'T PLAY
-  DONOT BE WITHOUT A BATH

INVITATIONS




NMCT-BMZ-KKS-KKF-WaSH project
Organized
TOPIC: "Time to Celebrate our Womenhood"

Date: 28.5.2021
Time: 3.30 PM

Channel: Google meet

SPEAKER



Dr. V. Raja Rajeshwari
Gynecology Resident
Advisor- Guide Foundation for young generation

Google meet password: homeschooling



NMCT-BMZ-KKS-KKF-WaSH project
Organized
TOPIC: "Time to Celebrate our Womenhood"

Date: 28.5.2021
Time: 3.00 PM

Channel: via zoom meeting

SPEAKER



Ms. M. Kaleeshwari, GVM
Kumar Hospital

Meeting ID: 761 2593 3003
Passcode: nmctwash